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Stress Relief

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Strategies of Reliving Stress

Stress is like any other harmful diseases that people suffer from. People in this era live in a time that is full of pressure. Stress can make people's life incredibly hard when it comes to adopting with the community. As a result, the ability of a person who has stress to deal with daily life situations would decrease. Stress intensity is different from an individual to another. It may increase the chance of the individual to lose the ability to balance his/ her ​​psychological behaviors. However, Linda Sullivan in her article The Effects of an Academic Support Program on College Students says: stress can be either positive or negative (14). Some people can use stress as a positive force to push them to do their work, while other people just give up when they get stressed. Because of this, it is very important to teach college students how to use stress as a positive force. Hence, the study of the strategies for relieving stress is very important, especially for college students, and there are many effective strategies to relieve the academic stress.

University students are one of the segments of society that belong to the category of young people. They suffer from some of the problems and crises. They are all, without expectation, expose to pressures associated with the events of daily life and a variety of sources of external pressures, including the pressure of study. Students who move to the academic life become stressed because of three reasons (Sullivan 10). The first reason is that those students will become more self-reliant (Sullivan 10). It is very hard for young adult to rely on themselves after 18 years of relying on their parents. Living alone, paying the bills, and facing all of the life problems are very hard to do for young adults. Also, being away from parents is the second reason (Sullivan 10). Students who move to live away from their parents face a lot of difficulties that may create stress for them such as cooking for themselves. Moreover, creating their own social circle with new friends, teachers, and society is another reason (Sullivan 10). Some young college students have lack of communication skills, which means that they cannot deal with their new people in their new life. Furthermore, Ranjita Mirsa and Michelle Mckean say in the article College Students' Academic Stress and Its Relation to Their Anxiety, Time Management, and Leisure Satisfaction that lack of time management skills is a strong reason of getting stress (41). Personal experience has shown me that students who procrastinate their work are more likely to get stressed in college.

Stress has many symptoms that students should know to solve the problem early. The stress put its owner in cases of unbalanced, which eventually leads to the emergence of the effects and negative consequences for his/ her life. Many studies indicate that stress symptoms can be physical or psychological. Sullivan says in her article that there are main symptoms of stress: Depressed mood and losing the interest of pleasure, loosing or gaining weight, and insomnia (17). Depressed mood and loss of interest in pleasure are very strong reason that may push college students to drop some or all of their classes. Physically, loosing or gaining weight is very dangers consequence of stress that may cause health problems for students. Moreover, insomnia is a symptom of the stress that affects students' performance in the college, which will cause a fatigue for students and will cause the same conclusion. As a result, students would lose their energy and end up with no performance at all.

One of the best ways for college students to relieve stress is participating in Yoga classes. Yoga is an exercise that is done by stretching, breathing, and concentration. Denise Rizzolo et al say in their article Stress Management Strategies for Students: The Immediate Effect of Yoga, Humor, and Reading on Stress that the main reason of practicing Yoga is to control the stress (80). Many companies which care about their employees and their performance encourage their employees to participate in Yoga classes. For example, I used to work in a petroleum company and the management of the company knows that stress may cause mistakes. In this company any mistake may cost a lot of money. As a result, the company decided to provide free Yoga classes to its employees. This example shows how effective is Yoga when it comes to reliving stress. At Michigan State University, when I used to live at Owen Graduate Hall, they provided Yoga classes for graduate students to help them control the stress.

Another way to control stress is using humor. Rizzolo et al say "Humor is defined as the capacity to perceive, appreciate, or express what is funny, amusing, or ludicrous (80). A study was done by White and Camarena among 93 college students to examine the effect of humor on academic stress (Rizzolo et al. 80). Students who participated in the laughter period which is 90 minute demonstrate less anxiety, blood pressure, and heart rate (Rizzolo et al. 80). These results are very effective for college students. Laughing is useful way to be happy and forget the load people have. From my experience, teachers who use humor in their classes break the barriers between them and the students. For example, I had a class that its teacher used humor strategy to explain. This class was very interesting and pleasurable. Most of my classmates and I had good grades. The reason why we got good grades and liked that class is humor. We did not have any fear of evaluation. Also we did not have any fear of talking to the teacher about any problem.

Thirdly, there is another way to relive stress that I learned from a lecture I attended in a hospital. The lecturer was Doctor Abdulaziz Almulhim. He is the Senior Consultant in the Department of Psychiatry. The strategy is to close the eyes and take very deep breaths. The inhalation and Exhalation should be from the nose and should be taken slowly for three minutes. The place that this way should be done at should be a quiet place. The advantage of this strategy is that people can use it anywhere and anytime. For example, students can use this method during the exam period or class. From my experience, I found this strategy very effective and useful to relive the academic stress.

As the human resources of any society are the most basic elements to create economic and social development. Young people are the backbone of manpower in any society, and if the communities were interested in preparing young people scientifically and academically and morally to enter the race, they should teach them some good strategies to control the stress. Yoga, humor, and breathing are very useful ways that I myself use. I advise every teacher, advisor, and university management to encourage and teach students how to use academic stress as a positive force.

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